

## **VALLEY OF THE SUN FAST FACTS**

### **The Valley of the Sun's Best Workplaces for Commuters<sup>SM</sup>**

- On June 23, 2004, 60 employers will be recognized on the first annual Valley of the Sun's Best Workplaces for Commuters<sup>SM</sup> list.
- Almost 84,000 workers are employed by members of the first year's Valley of the Sun's Best Workplaces for Commuters<sup>SM</sup> list.
- At least 14% or 11,700 commuters use an alternative mode of transportation or work an alternative schedule (telework or compressed work week). The affected total commuters of the Valley's BWC employers save an estimated 31.2 million miles of travel and eliminate 840,000 pounds of pollution from the air per year.

### **Local Commuting Facts**

- More than 1.7 million people commute each day in the Valley of the Sun, and about 81 percent of them drive to work alone each day. (VM TDM Annual Survey, 2004)
- The average annual Valley of the Sun traffic delay per capita for 2001 was 28 hours. (Texas Transportation Institute) and costs \$1, 540 per person per year.
- Valley of the Sun residents perceive traffic as the number one regional problem. (Valley Metro's 2004 TDM Survey)
- Of the 1.7 million total commuters, 658,000 use an alternative mode once a week.

### **Health Facts**

- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine)
- About 60 percent of Americans lead completely sedentary lifestyles, and 40 percent are clinically overweight. (1998 report of the American Medical Association)
- Research conducted in 1999 by the Centers for Disease Control found that "obesity and overweight are linked to the nation's number one killer--heart disease--as well as diabetes and other chronic conditions." The report also states that one reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances." (October 27, 1999 issue of the JAMA)

### **Air Quality Facts**

- Over 64 percent of the Valley of the Sun's carbon monoxide comes from motor vehicle emissions. (EPA Region 9; Valley of the Sun Air Quality Management District Emissions Inventory)
- On average, air pollution levels in the Valley of the Sun violate state and federal health standards 20 to 30 days per year. (BAAQMD Emissions Inventory)

### **National Commuting Facts**

- The average annual delay per peak-road traveler in 75 urban areas climbed to 62 hours in 2000 from 16 hours in 1982. The total cost of congestion in 2000 came to \$67.5 billion, which was the value of 3.6 billion hours of delay and 5.7 billion gallons of excess fuel consumed, not to mention lost worker productivity. (Texas Transportation Institute)
- Nearly 50 percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut or more for a shorter commute. (HR Magazine Survey, Oct. 2001)
- Employees with commuter benefits are 8 times more likely to use transit than those who don't have them. (2001 Xylo survey)